

FROM THURSDAY, JULY 20TH
TO WEDNESDAY, JULY 26TH, 2023
DU JEUDI 20 JUILLET AU
MERCREDI 26 JUILLET 2023



See our flyer online
visit freshmart.ca

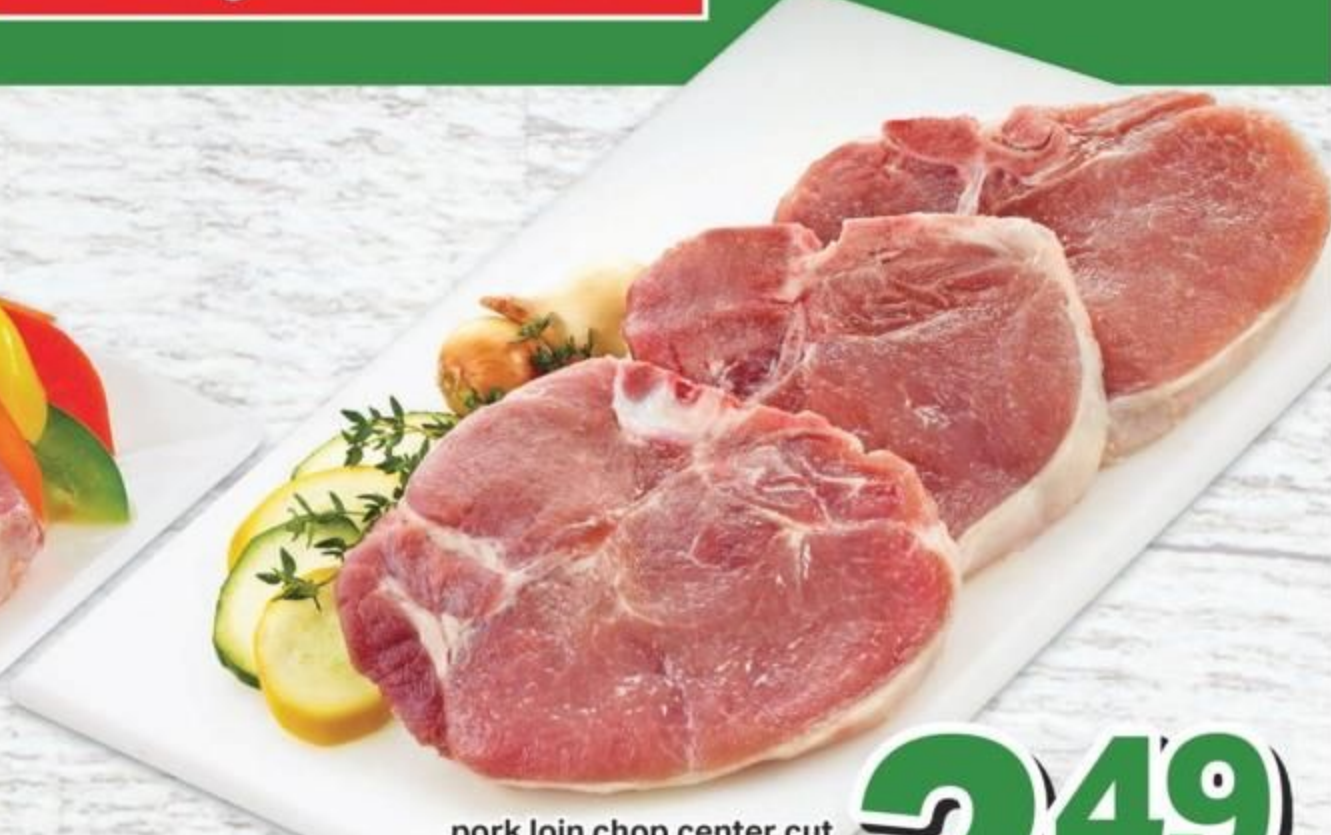
Freshmart[®]

freshmart **RED & WHITE**
FOOD STORE
Your Neighbourhood Grocer



5.99
lb

eye of round steak or roast*
club size
bifteck ou rôti de noix de ronde*
13.21/kg



pork loin chop center cut
bone-in, club size
côtelette de longe de porc,
coupe du centre
5.49/kg

2.49
lb

blueberries
product of Canada
pint
bleuets

1.99



Farmer's Market[™] mini cucumbers 6's or
PC[®] or PC[®] Organics mushrooms
selected varieties, 227 g
product of Canada
mini-concombres ou champignons

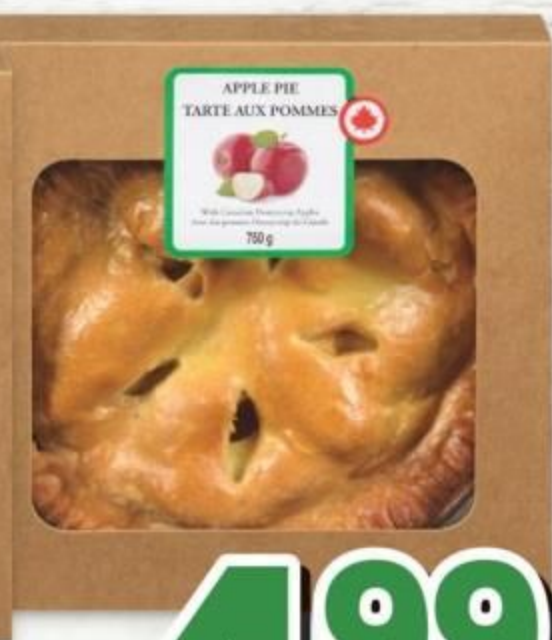


1.99



Ziggy's[®] deli meats or cheese slices
selected varieties
200-300 g
charcuteries ou tranches de fromage

4.99



8 inch pies
selected varieties
635-750 g
tartes de 8 pouces

4.99



1.99

Hunt's sauce 680 mL
or Italpasta 900 g
selected varieties
sauce ou pâtes



2.49

Christie cookies
selected varieties
224-303 g
biscuits



3.99

Philadelphia
cream cheese product
selected varieties
227/250 g
produit de fromage
à la crème



no name[®]
evaporated milk
selected varieties
354 mL
lait évaporé

1.49

Kraft Miracle Whip
selected varieties
650/890 mL
tartinade

4.49



Mazola oil
selected varieties
2.84 L
huile

10.49



cut from Canada AA grade beef or higher/provenant de bœuf Canada AA ou d'une catégorie plus élevée

HOT DEALS OF THE WEEK

OFFRES DE LA SEMAINE



6⁹⁹

SeaQuest® shrimp ring frozen
227 g
couronne de crevettes



Yoplait YOP drinkable yogurt
selected varieties
200 mL
yogourt à boire

.89



2⁹⁹

Ruffles potato chips 180-220 g, Tostitos corn chips 205-300 g or salsa 416-418 g/418-423 mL selected varieties
croustilles ou salsa



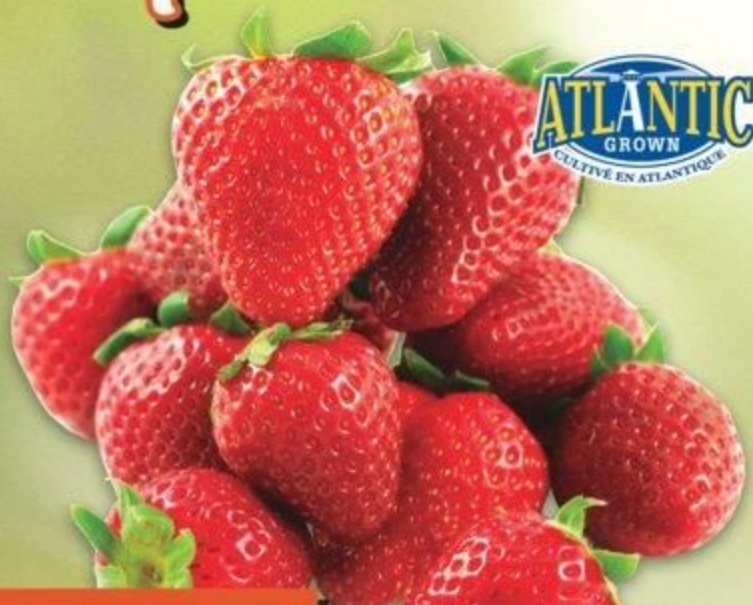
Real Canadian natural spring water
24 x 500 mL
eau de source

2⁴⁹

FMA FLAP 1

Preserving the Summer

Vos réserves pour l'été!



5⁴⁹

strawberries
product of Atlantic Canada
quart/454 g*
fraises



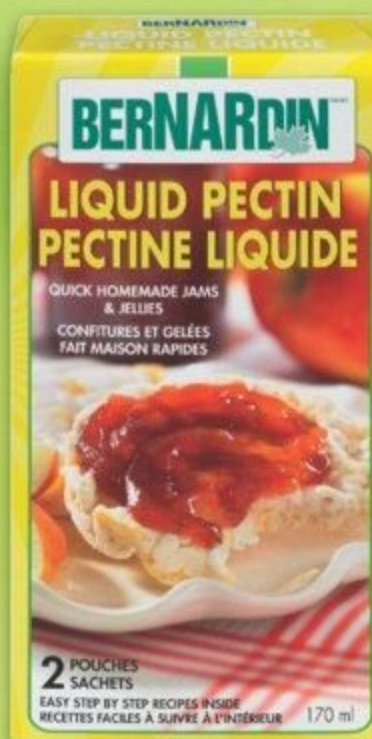
pickling or field cucumbers
product of Canada
3 L
concombres

6⁴⁹



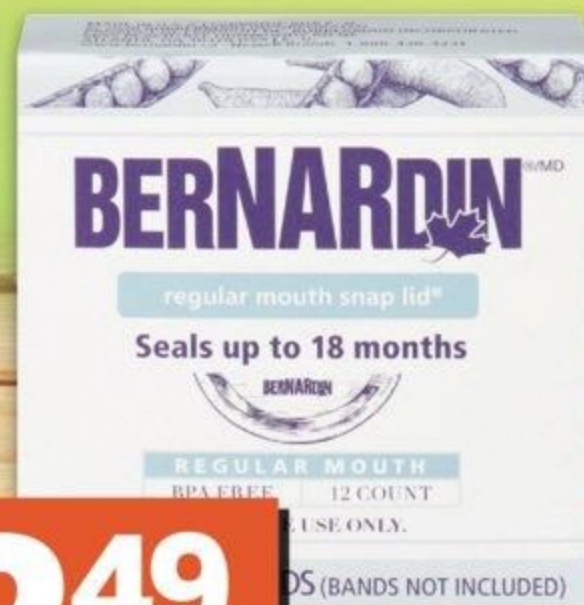
12⁹⁹ - 15⁹⁹

Bernardin mason jars decorative
12 x 500 mL
pots mason



Bernardin pectin liquid
170 mL
pectine liquide

2⁹⁹



2⁴⁹

Bernardin lids
12's
couvre-caps

FMA FLAP 2

*Size varies by location. Please see in-store for details.
*Les formats peuvent varier d'une région, voir en magasin pour les détails.

Meat & Seafood

Viandes & Poissonnerie



8⁹⁹
lb

chicken breast
boneless skinless,
club size, fresh, 4's
poitrine de poulet
19.82/kg

15⁹⁹
lb

rib cap-off
grilling steak*
club size
bifteck de côte
paré à griller*
35.25/kg

4⁹⁹
lb

chicken wings
club size
ailes de poulet
11.00/kg



13⁹⁹

Montana's
Texas style BBQ ribs
refrigerated
650 g
côtes levées

5⁹⁹

Wong Wing entrées
selected varieties,
frozen
400-680 g
plats cuisinés



\$10

meat or seafood selection
selected varieties, frozen
650 g-1.81 kg
viande ou produits de la mer

Deli Meat & Cheese

Charcuterie & Fromagerie



5⁹⁹

PC® ricotta cheese 454 g or
PC® bocconcini 200 g
selected varieties
ricotta ou bocconcini

7⁴⁹

OKA or Monsieur Gustav
St-Paulin cheese
selected varieties
190 g
fromage

7⁹⁹

Farmer's Market™
pot pies or quiches
selected varieties
500 g
pâtés ou quiches

Dairy & Frozen

Produits laitiers & surgelés



Pillsbury refrigerated dough
selected varieties
340-468 g
pâte réfrigérée

2⁹⁹



1⁹⁹

no name® waffles
selected varieties, frozen
8's
gaufres



no name® orange juice
selected varieties,
frozen
283 mL
jus d'orange

1⁹⁹



Coffeemate
coffee whitener
selected varieties
946 mL
colorant à café

4⁹⁹



5⁹⁹

Liberté Greek or Méditerranéenne
650/900 g or Liberté classique
drinkable 1 L or Yoplait Yop
drinkable 8 x 93 mL yogurt
yogourt ou yogourt à boire



Cavendish Farms
premium fries
selected varieties,
frozen
540-750 g
frites

3⁴⁹



14⁹⁹

PC® or Blue Menu® entrées
selected varieties, frozen
2-2.27 kg
plats cuisinés



5⁹⁹

Yves veggie burgers, falafel,
nuggets or meatballs
227-352 g
burgers ou falafels ou pépites
ou boulettes de viande



Fruits & Vegetables

Fruits & Légumes



1.99

carrot bunch
or Iceberg lettuce
product of Canada
carottes ou laitue



7.99

seedless watermelon
product of U.S.A.
each
melon d'eau sans
pépins



2.99

PC® or PC® Organics
tomatoes
product of Canada
selected varieties
255/340 g
tomates



asparagus
product of Peru
asperges
11.00/kg

4.99
lb



1.99
lb

Bartlett pears
product of Argentina
poires
4.39/kg



3/\$5
or \$1.67 ea.

red mango
product of Mexico
mangue

Bakery

Boulangerie



4.49 Farmer's Market™ brownies
265 g or PC® mini muffins 336 g
selected varieties
brownies ou mini-muffins



3.79 PC® apple blossoms, key lime pie
or The Decadent® molten
chocolate lava cake, frozen
selected varieties, 216-243 g



3.99 PC® rye or loaf bread
selected varieties
480/500 g
pain

Grocery

Épicerie



3.99 Old Dutch Restaurante
chips 275/290 g, Arriba
tortilla chips 245 g
or Pepsi soft drinks
6 x 222 mL
selected varieties
croustilles ou boissons
gazeuses



4.99 Kraft smooth peanut
butter 500 g or
Quaker Harvest Crunch
cereal 400-510 g
selected varieties
beurre d'arachide
ou céréales



3.99 Minute Maid,
Five Alive juice
or Nestea iced tea
selected varieties
8/10 x 200 mL
jus ou thé glacé



7.49 Nestea or Peace Tea
iced tea
selected varieties
12 x 341 mL
thé glacé

Summer Sweets Friandises d'été



4/\$5
or \$1.25 ea.

Nestlé, Mars, Hershey's,
Cadbury or Butterfinger
single chocolate bars
30-60 g, Excel or Juicy
Fruit single gums 12's
selected varieties
barre de chocolat
ou gomme



2.79

Twizzlers, Maynards,
Jolly Ranchers or
Werther's Original candies
or gummies 116-198 g or
Nestlé Tablet chocolate
bars 95-120 g
selected varieties
friandises ou barres
de chocolat



3.79

Twizzlers, Starburst,
Skittles, Life Savers or
Dare Real Fruit gummies
or candies 121-454 g or
Trident Vibes, Dentyne,
Excel or Juicy Fruit gum
40-60's, selected varieties
friandises ou gomme



5.49

Mars, Nestlé or Hershey's
chocolate stand up
pouches 135-230 g
or Nestlé chocolate
multipacks 4 x 41-52 g
chocolat

Grocery Épicerie



6⁹⁹

Yoplait Source or Creamy yogurt
selected varieties
16's
yogourt

Minute Maid orange juice,
fruit beverage 1.54/1.75 L
or Oasis orange or fruit juice
or smoothie 1.5/1.6 L
selected varieties, refrigerated
jus d'orange ou jus de fruit
ou smoothie

3⁹⁹



6⁹⁹

Pogo
selected varieties, frozen
8/10's
saucisse sur bâtonnet

Ben & Jerry's
ice cream
selected varieties,
frozen
473 mL
crème glacée

4⁹⁹



MIO
liquid water enhancer,
Country Time, Tang,
Crystal Light or
Kool-Aid liquid
drink mix
selected varieties
48 mL
aromatisant
liquide pour eau

2⁹⁹



3²⁹

Betty Crocker, Mott's fruit snacks,
Nature Valley Sweet & Salty
or GoGo Squeeze
selected varieties, 125-360 g
collations aux fruits ou barres
ou compote de fruits

General Mills
family size cereal
selected varieties
481-778 g
céréales

5⁹⁹



4⁴⁹

Tetley, Red Rose or Salada tea
selected varieties
60/72's
thé

Cadbury
chocolate 95/100 g,
Sensible Portions
Veggie Straws
or chips 120/142 g
selected varieties
chocolat ou
grignotines
ou croustilles

2⁹⁹



2⁴⁹

Betty Crocker scalloped potatoes
or pasta kit or seasoned pasta
selected varieties, 141-240 g
ensemble pour pâtes ou pâtes
assaisonnées ou pomme de terre
en tranches



1⁷⁹

PC® Blue Menu® canned
vegetables or beans
selected varieties, 284-540 mL
légumes en conserve ou haricots

no name® pickles
selected varieties
1 L
cornichons

2⁹⁹



no name® ketchup
1 L
ketchup

3²⁹



Pet Animaux domestiques

Beggin' Strips
dog treats
selected varieties
708/850 g
gâteries
pour chiens

11⁹⁹



2⁹⁹

Purina ONE dog food
selected varieties
368 g
nourriture pour chiens



Purina Cat Chow
selected varieties
1.42-2 kg
nourriture
pour chats

8⁹⁹



Friskies
cat treats
selected varieties
454 g
gâteries
pour chats

7⁹⁹



Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to any savings claims (ie. "Save", "Was", "1/2 Price", etc.) is in comparison to our lowest regular retail prices at Freshmart locations. Savings on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Prices not applicable At-The-Pumps gas bar locations. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2023 Loblaw's Inc.

